



# Turn off the TV Week

## *April 23-29, 2007*

**Join Healthy SD and the Fit from the Start Campaign in turning off the TV for seven days for National Turn off the TV Week and take part in life!**

*On average, children watch 4 hours of TV per day and adults watch 29-34 hours per week. Too much TV and inactivity are risk factors for obesity and developing chronic diseases, such as cardiovascular disease, diabetes, or high blood pressure.*

### Ways To Cut Back on TV Viewing

- Keep TV out of bedrooms
- Turn off TV during mealtime
- View only certain programs each week
- Plan other things to do
- Place TV behind closed doors when off
- Limit TV, computer & video game time
- Watch TV together as a family
- Designate TV free days

### TV Substitutes

- Ride bike
- Do a craft
- Play board games
- Go for a walk
- Play catch
- Read a book
- Create a play
- Play together as a family

### ***Recommended TV Viewing Time:***

Children <2 years = No TV  
Children >2 years = 2 hours or less per day  
Adults = 10 hours or less per week



For more information on Turn off the TV Week and participating Healthy SD partners, refer to [www.healthysd.gov](http://www.healthysd.gov) or contact Healthy SD staff at (605) 773-6744.

